WINCHESTER NEWS
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EVENTS

‘Understanding Ourselves and Others’ workshop on March 10 with Nancy Rubbico

March 4, 2024 . 9:00 AM — 2 min read

Nancy Rubbico will hold a 90-minute workshop on March 10 at the Winchester Unitarian Society on Main Street. COURTESY PHOTO/

The following was submitted by Gloria Levgold:

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On Sunday, March 10, the Unitarian Universalist Church's Pastoral Care Associates, Social Action and Outreach Committee and Racial Justice Team will present "From Insight to Impact: Understanding Ourselves and Others," a 90-minute Introductory Workshop with Nancy Rubbico, from 4-5:30 p.m. at the Winchester Unitarian Society, 478 Main St., Winchester.

Dive into the fundamentals of human interaction in an introductory workshop led by Nancy Rubbico. In just a short session you will be introduced to the role of the nervous system in shaping emotional, behavioral, and social interactions.

Gain valuable insights into personal growth, well-being enhancement, and building stronger

relationships:

• **The Basics of Relating:** Grasp the foundational elements that make or break our ability to relate to others genuinely.

• **First Steps to Fulfillment:** Identify starting points for cultivating personal satisfaction in your daily life.

• **Being Human:** Explore our innate desire to connect more profoundly, to cultivate richer relationships, to feel seen and heard, and to listen to others with curiosity and openness.

• **Insights into Well-being:** Rubbico shares foundational insights into emotional and psychological health.

• **Community Building:** Learn the initial steps to cultivate supportive networks.

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• **Actionable Takeaways:** Leave with practical steps that can be applied immediately to your life.

This workshop is designed as an initial step and a foundational introduction to a deeper exploration of self-awareness and relationship dynamics. It marks the start of a transformative journey, aimed at enriching both your personal and professional life.

By assimilating the insights and strategies presented in this session, you are setting forth on a path towards a more balanced, confident, and influential existence. We invite you to join us in taking these pivotal first steps towards cultivating a life that is richer, more interconnected, and fulfilling on every level.

Rubbico, LMHC, is the founder of the BOCAS Method.

Working in the mental health field in multiple settings with a variety of clients has endowed Rubbico with a distinctive outlook on human psychology. Her approach integrates mind and body, providing a robust framework for overall well-being.

Techniques such as EMDR, Sensorimotor Psychotherapy, AEDP, yoga principles, and Polyvagal Theory form a comprehensive toolkit for managing stress, building resilience, and promoting emotional and physical health. Her pioneering work with Polyvagal Theory offers key insights into how the nervous system impacts interactions, emotions, and well-being.

Understanding this theory can be transformative for anyone, providing a basis for improved interpersonal skills, emotional intelligence, and self-regulation.

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As you delve into her teachings, you gain not just a therapist's perspective but a comprehensive understanding of human behavior and well-being. She advocates for making mental health knowledge accessible to everyone, aligning with the increasing need for mental wellness in society. Training with her provides insights typically limited to therapeutic settings, offering a unique perspective for applying these principles in various life situations.

Published in Psychology Today, April 2022 "What Putin's Physiological State Tells Us."

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The following was submitted by the Network for Social Justice: To mark Women's History Month and International Women's Day in 2026, the Network for Social Justice is collaborating with club leaders from Winchester High School and members of the Community Health team from La Colaborativa in Chelsea and

March 4, 2026

FEATURES

'Chicago: Teen Edition' dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents "Chicago: Teen Edition," a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. This iconic production is set in the 1920s. Performances will take place on March 13 and 14

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Ripley Chapel in Winchester presents ‘Syldason: You Are Welcome Here’

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

March 4, 2026

FEATURES

Winchester Foundation for Educational Excellence hosting 23rd Trivia Bee

Winchester’s brightest fifth graders and adults will gather soon to compete in a fierce trivia competition that will raise money for Winchester schools. The Winchester Foundation for Educational Excellence (WFEE), a nonprofit that provides grants for Winchester’s public schools, will host its 23rd annual trivia bee March 11

TAVISHI CHATTOPADHYAY | CORRESPONDENT
February 24, 2026

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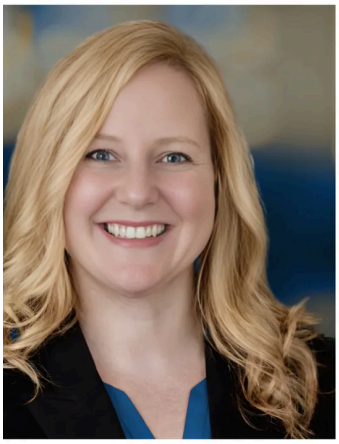

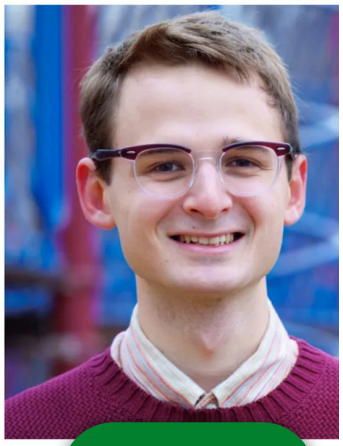

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Winchester School Committee candidates bring contrasting backgrounds to Thursday forum

Two candidates for Winchester’s School Committee will face voters at a forum as the district navigates a new literacy curriculum, budget pressures and questions about student mental health. Heather von Mering and John Bellaire are competing for an open seat on the School Committee, which oversees a budget von

WILL DOWD | STAFF WRITER

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